



More Color More Health Blues/Purples

Eating Orange & Yellow Vegetables & Fruits Ensures
Getting The Essential Vitamins, Minerals, Fiber &
Phytochemicals That This Color Group Has To Offer

CDC Recommends Eating A Variety Of Colorful Vegetables And Fruits

The National 5 A Day for Better Health Program, recommends eating blue and purple vegetables and fruit. Fruits such as blueberries and plums contain disease-fighting phytochemicals, including anthocyanins and phenolics. Phytochemicals, substances found only in plants, may help your body fight disease and promote good health.

Anthocyanins (pronounced an-tho-SIGH-uh-nins) and phenolics (pronounced fee-NAH-lix) are found in berries, dried plums (prunes), and raisins. These powerful antioxidants are being studied for their role to reduce the risk of diseases including cancer, heart disease, and for their ability to slow down the aging process. Include these vegetables and fruits in your daily diet they are loaded with nutrient value, not only with phytochemicals but needed vitamins, minerals and fiber.

Best 'Blue/Purple' Sources of Anthocyanins

Blueberries	Purple Grapes
Blackberries	Black Currants
Elderberries	

Best 'Blue/Purple' Sources of Phenolics

Dried Plums (Prunes)
Raisins
Eggplant
Plums

Below are examples of existing research:

- Kohlmeier L, Simonsen N, Mottus K: Dietary modifiers of carcinogenesis. *Environ Health Perspect* 103:177-84, 1995.
- Waladkhani AR, Clemens MR: Effect of dietary phytochemicals on cancer development. *Int J Mol Med* April (4): 747-53, 1998.
- O'Neil KL, Standage SW, et al: Fruits and vegetables and the prevention of oxidative DNA damage, In: *Vegetable, Fruit and Herbs in Health Promotion*, pgs 147-76. RR Watson (ed). CRC Press, Boca Raton 2001.
- Joseph JA, Shukitt-Hale B, et al: Reversals of age-related declines in neuronal signal transduction, cognitive and motor behavior deficits with blueberry, spinach or strawberry supplementation. *J Neuroscience*. 1999;19(18):8114-8121.

- Freedman, JE., et al: Select flavonoids and whole juice from purple grapes inhibit platelet function and enhance nitric oxide release. *Circulation* 103 (June 12, 2001): 2792-98.

There are thousands of health promoting phytochemicals found in plants. Researchers are just beginning to understand how they work to improve health, so it's important to eat a wide variety of colorful orange/yellow, red, green, white, and blue/purple vegetables and fruit every day. By eating vegetables and fruit from each color group, you will benefit from the unique array of phytochemicals, as well as essential vitamins, minerals, and fiber that each color group has to offer alone and in combination.

The best way to include a variety of foods is to eat vegetables and fruits of various colors. Eating a variety of colorful vegetables and fruits is an easy way to achieve the 5 to 9 a day goal. Keep in mind, 5 servings is the minimum, but strive for 5 to 9 servings a day.

To get more "blues and purples," toss fresh, frozen, or dried blueberries on your cereal, blend them in the blender with vanilla yogurt for a smoothie. Snack on dried plums, or serve Fresh Berries with Sweet Vinegar Sauce recipe below for dessert. Include them in muffins and pancakes when you bake. Pop fresh ones in the freezer, they are delicious frozen snacks.

The 5 A Day Program encourages all Americans to eat 5 to 9 servings of vegetables and fruit a day to promote health and reduce risk of cancer and other chronic diseases. For additional information on the 5 A Day For Better Health Program and Partnership, visit:

<http://www.cdc.gov/nccdphp/dnpa/5ADay/index.htm>

www.5aday.gov

www.5aday.org*



Blue/Purple Recipes

Fresh Berries with Sweet Vinegar Sauce

Berries and vinegar are an excellent combination to meet your 5 to 9 A Day!

Makes 4 servings

Each serving equals one 5 A Day serving

$\frac{1}{4}$ cup good-quality raspberry vinegar or balsamic vinegar

$\frac{1}{4}$ cup sugar

$\frac{1}{4}$ tsp vanilla extract

$\frac{1}{2}$ cup plain, non-fat yogurt

1 cup blueberries

1 cup blackberries



Combine vinegar and sugar in a small saucepan and bring to a boil. Boil for 4 minutes, stirring often. Be prepared; the mixture will smell unpleasant as some of the vinegar's acid boils off, and it will reduce a little bit. Turn off heat. Add vanilla, and slowly whisk in yogurt. Toss with berries and serve.

Nutritional analysis per serving: Calories 114, Protein 2g, Fat 0g, Percent Calories From Fat 2%, Cholesterol 1mg, Carbohydrates 28g, Fiber 3g, Sodium 28mg.

Frozen Blue Devil

This frosty, cool treat is provided by the California Dried Plum Board. One taste and you'll be hooked!

Makes 6 servings

Each serving equals one 5 A Day serving

6 oz (1 cup) pitted dried plums

6 Tbsp hot water

32 oz white grape juice

1 package (10 ounces) frozen sweetened raspberries, partially thawed

2 Tbsp fresh lemon juice

In a blender, combine the dried plums and water; process until the plums are finely chopped. Add the grape juice, raspberries, and lemon juice and puree until smooth. Pour into a shallow metal baking pan. Freeze for 2 hours, stirring every 30 minutes. Freeze for about 2 hours longer, or until completely frozen.

To serve, let the ice stand at room temperature for about 15 minutes, or until slightly softened. Use a metal spoon to scrape across its surface, transferring the ice shards to chilled dessert dishes or wine glasses without packing them.

Nutritional analysis per serving: Calories 190, Protein 2g, Fat 9g, Percent Calories From Fat 3%, Cholesterol 0mg, Carbohydrates 48g, Fiber 3g, Sodium 5mg.

Garlic Grilled Eggplants

Try this new take on eating eggplants. It'll be a surprise hit side dish at your next grilling party.

Makes 8 servings

Each serving equals one 5 A Day serving

Source: National Cancer Institute

2 medium sized eggplants
4 tsp low-sodium soy sauce
2 tsp white wine vinegar
 $\frac{1}{2}$ tsp freshly ground black pepper
1 Tbsp sesame oil
4 garlic cloves, minced
2 tsp no-salt lemon-herb blend

Place the eggplants on a flat cutting surface. With a sharp knife, make parallel lengthwise cuts $\frac{1}{4}$ " apart that run from the tips to within 1" of the stem ends. Place in a single layer in a large baking dish or roasting pan; fan out the slices slightly, making sure to keep them attached to the stem. In a small bowl, combine the oil, soy sauce, garlic, vinegar, herb blend, and pepper. Brush over the eggplants. Let stand for 15 minutes. Flip the pieces and brush with the remaining marinade. Let stand for 15 to 30 minutes. Prepare an outdoor grill. When the coals are hot, place a mesh grill rack over the top. Add the eggplants. Grill for 5 minutes. Flip the pieces; grill for 5 to 10 minutes, or until tender.

Nutritional analysis per serving: Calories 55, Protein 2g, Fat 2g, Percent Calories From Fat 65%, Cholesterol 0mg, Carbohydrates 9g, Fiber 4g, Sodium 93mg.

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